

Curriculum Planning Document – Physical Education

Content Area/Grade Level: High School Electives: Physical Education

Course Description:

Lifetime Fitness – EL2083

This one-semester high school course combines comprehensive online instruction with student participation in fitness activities. Throughout the course, students assess individual fitness levels according to the five components of physical fitness: cardiovascular health, muscular strength, muscular endurance, flexibility, and body composition. Through the application of personal fitness assessments, students will design a fitness program to meet their individual fitness goals. Upon completion of the course, students will have the knowledge to stay fit and active throughout their lifetime. Areas to be explored include: safe exercising and injury prevention; cardiovascular health; muscular strength and endurance; flexibility; nutrition and weight management; lifetime fitness; consumer product evaluation; biomechanical principles; team and individual sports; and stress management.

Foundations of Personal Wellness – EL2082

This is a year-long high school course that explores a combination of health and fitness concepts, creating a comprehensive and cohesive course which explores all aspects of wellness. The course uses pedagogical planning to ensure that as students explore fitness and physical health, they are also learning about the nature of social interactions and how to plan a healthy lifestyle. The course fulfills both health and physical education standards at the state and national level

	Educational Delivery Methodologies	Evidence of Mastery	Comments
Strand 1: Demonstrates competency in motor skills and movement patterns needed to provide a variety of physical activities			

Concept 1: Fundamental Movement Skills	<ul style="list-style-type: none"> • Video lecture followed by comprehension-check questions • Audio-visual vocabulary and definitions • Multimedia online content • Scaffolded lessons that first introduce the components of good health as it relates to exercise and diet; then students devise their own fitness plan based on their body composition and physical activity interests • Anatomy/Physiology lessons precede discussion of exercise that improve cardiovascular and muscular health 	<ul style="list-style-type: none"> • Online Content questions • Journal activity • Homework/ Practice • Quiz • Test • Cumulative Exam • Fitness log 	Lifetime Fitness
Concept 2: Rhythmic Movement	<ul style="list-style-type: none"> • Video lecture followed by comprehension-check questions • Audio-visual vocabulary and definitions • Multimedia online content • Scaffolded lessons that first introduce the components of good health as it relates to exercise and diet; then students devise their own fitness plan based on their body composition and physical activity interests • Anatomy/Physiology lessons precede discussion of exercise that improve cardiovascular and muscular health 	<ul style="list-style-type: none"> • Online Content questions • Journal activity • Homework/ Practice • Quiz • Test • Cumulative Exam • Fitness log 	Lifetime Fitness

<p>Concept 3: Complex or Specialized Movement</p>	<ul style="list-style-type: none"> • Video lecture • Audio-visual vocabulary and definitions • Multimedia online content • Scaffolded lessons that first introduce the components of good health as it relates to exercise and diet; then students devise their own fitness plan based on their body composition and physical activity interests • Anatomy/Physiology lessons precede discussion of exercise that improve cardiovascular and muscular health • “Introduction to Sports” and “Skills-related Fitness” units discuss specialized fitness activities and game-play strategy/tactics, e.g. basketball/football 	<ul style="list-style-type: none"> • Online Content questions • Journal activity • Homework/ Practice • Quiz • Test • Cumulative Exam • Fitness log 	<p>Lifetime Fitness</p>
<p>Strand 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p>			

Concept 1: Movement Concepts	<ul style="list-style-type: none"> • Video lecture • Audio-visual vocabulary and definitions • Multimedia online content • Scaffolded lessons that first introduce the components of good health as it relates to exercise and diet; then students devise their own fitness plan based on their body composition and physical activity interests • Anatomy/Physiology lessons precede discussion of exercise that improve cardiovascular and muscular health 	<ul style="list-style-type: none"> • Online Content questions • Journal activity • Homework/ Practice • Quiz • Test • Cumulative Exam • Fitness log 	Lifetime Fitness Foundations of Personal Wellness
Concept 2: Scientific Principles	<ul style="list-style-type: none"> • Video lecture • Audio-visual vocabulary and definitions • Multimedia online content • Scaffolded lessons that first introduce the components of good health as it relates to exercise and diet; then students devise their own fitness plan based on their body composition and physical activity interests • Anatomy/Physiology lessons precede discussion of exercise that improve cardiovascular and muscular health 	<ul style="list-style-type: none"> • Online Content questions • Journal activity • Homework/ Practice • Quiz • Test • Cumulative Exam • Fitness log 	Lifetime Fitness Foundations of Personal Wellness

Concept 3: Strategies and Tactics	<ul style="list-style-type: none"> • Video lecture • Audio-visual vocabulary and definitions • Multimedia online content • Scaffolded lessons that first introduce the components of good health as it relates to exercise and diet; then students devise their own fitness plan based on their body composition and physical activity interests • Anatomy/Physiology lessons precede discussion of exercise that improve cardiovascular and muscular health • “Introduction to Sports” and “Skills-related Fitness” units discuss specialized fitness activities and game-play strategy/tactics, e.g. basketball/football 	<ul style="list-style-type: none"> • Online Content questions • Journal activity • Homework/ Practice • Quiz • Test • Cumulative Exam • Fitness log 	Lifetime Fitness
Strand 3: Participates regularly in physical activity both during and beyond the structured physical education class.			
Concept 1: Physical Activity in a Physical Education Program	<ul style="list-style-type: none"> • Video lecture • Audio-visual vocabulary and definitions • Multimedia online content • “Introduction to Sports” Unit explores various types of individual and team physical activities 	<ul style="list-style-type: none"> • Online Content questions • Journal activity • Homework/ Practice • Quiz • Test • Cumulative Exam • Fitness log 	<ul style="list-style-type: none"> • Lifetime Fitness <p>*Due to the online nature of this course, students’ participation in Physical Education program occurs based on school enrollment and procedures. Students use the Fitness Log to chart all physical activity</p>

<p>Concept 2: Physical Activity Outside the Physical Education Program</p>	<ul style="list-style-type: none"> • Video lecture • Audio-visual vocabulary and definitions • Multimedia online content • “Introduction to Sports” Unit explores various types of individual and team physical activities • Scaffolded lessons that first introduce the components of good health as it relates to exercise and diet; then students devise their own fitness plan based on their body composition and physical activity interests 	<ul style="list-style-type: none"> • Online Content questions • Journal activity • Homework/ Practice • Quiz • Test • Cumulative Exam • Fitness log 	<ul style="list-style-type: none"> • Lifetime Fitness <p>*Students use the Fitness Log to monitor their extracurricular activity.</p>
<p>Strand 4: Achieves and maintains a health-enhancing level of physical fitness.</p>			

<p>Concept 1: Health-related Fitness</p>	<ul style="list-style-type: none"> • Video lecture • Audio-visual vocabulary and definitions • Multimedia online content • “Health-related Fitness” lessons including cardiorespiratory fitness, muscular fitness, and techniques for building muscle and improving flexibility • Scaffolded lessons that first introduce the components of good health as it relates to exercise and diet; then students devise their own fitness plan based on their body composition and physical activity interests 	<ul style="list-style-type: none"> • Online Content questions • Journal activity • Homework/ Practice • Quiz • Test • Cumulative Exam • Fitness log 	<p>Lifetime Fitness Foundations of Personal Wellness</p>
<p>Strand 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>			

Concept 1: Personal Behavior	<ul style="list-style-type: none"> • Video lecture • Audio-visual vocabulary and definitions • Multimedia online content • “Skills for Success in Athletics” unit that focuses on team building, conflict management, and communication; additional lessons on good sportsmanship • Scaffolded lessons that first introduce the components of good sportsmanship 	<ul style="list-style-type: none"> • Online Content questions • Journal activity • Homework/ Practice • Quiz • Test • Cumulative Exam • Fitness log 	Lifetime Fitness Foundations of Personal Wellness
Concept 2: Social Behavior	<ul style="list-style-type: none"> • Video lecture • Audio-visual vocabulary and definitions • Multimedia online content • “Skills for Success in Athletics” unit that focuses on team building, conflict management, and communication; additional lessons on good sportsmanship • Scaffolded lessons that first introduce the components of good sportsmanship 	<ul style="list-style-type: none"> • Online Content questions • Journal activity • Homework/ Practice • Quiz • Test • Cumulative Exam • Fitness log 	Lifetime Fitness Foundations of Personal Wellness
Strand 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.			

<p>Concept 1: Values Physical Activity</p>	<ul style="list-style-type: none"> • Video lecture • Audio-visual vocabulary and definitions • Multimedia online content • “Introduction to Sports” unit; “Health-related Fitness” unit; “Stress Management” lessons • Scaffolded lessons that first introduce the components of good health as it relates to exercise and diet; then students devise their own fitness plan based on their body composition and physical activity interests 	<ul style="list-style-type: none"> • Online Content questions • Journal activity • Homework/ Practice • Quiz • Test • Cumulative Exam • Fitness log 	<p>Lifetime Fitness Foundations of Personal Wellness</p>
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